



Crazy Recipes

Fish-o-Filo

WITH AVIKO PREMIUM
SUPER CRUNCH 10MM

serves 10

ingredients

1.5 kg	Aviko Premium Super Crunch 10 mm	2	Cloves of garlic, crushed
1 kg	Whitefish fillet (cod)	750 g	Fine peas
100 g	Butter	2 dl	White wine
4	Onions, chopped	1 tsp	Chili flakes
		10	Filo pastry sheets

preparation

Preheat the oven to 180°C. Heat a saucepan and fry the onions and garlic until softened but not coloured. Add the peas and chili flakes and add white wine. Season the fish to taste with a pinch of salt. Heat a frying pan with half of the butter over a moderate heat and fry the fish on one side until golden brown and crispy, then turn the fillet over. Follow the instructions on the packaging to prepare the chips. Spread the onion-pea mixture onto the fish and top with the chips. Melt the butter in a saucepan and, one by one, spread butter onto the filo pastry and gently put the sheets into the pan. Repeat this for all filo pastry sheets and bake the oven dish in approximately 15 minutes until golden brown and crispy.

WITH AVIKO PREMIUM FRIES